

MAIN BASE SWIMMING POOL HOURS

Monday, June 19 -
Monday, September 4
Monday - Friday
Lap Swim: 6 - 8 a.m.
Lap Swim:
11 a.m. - 12:30 p.m.
Open Swim:
12:30 - 7 p.m.
Weekends & Holidays
11 a.m. - 7 p.m.

HARIO SWIMMING POOL HOURS

Monday, June 19 -
Monday, September 4
Monday - Friday
12:30 - 7 p.m.
Weekends & Holidays
11 a.m. - 7 p.m.

SWIMMING LESSONS

Monday, Wednesday &
Friday
Main Base Swimming
Pool
8:30 & 9:15 a.m.
Hario Village Swimming
Pool
10:15 & 11:15 a.m.
\$25 per two week session
Includes 6 classes of 45
minutes each.
Register at the Fleet or
Hario Fitness Centers.

Session II

Monday, July 10 -
Friday, July 21
Registration:
Tuesday, July 4 -
Friday, July 7

Session III

Monday, July 31 -
Friday, August 11
Registration:
Monday, July 24 -
Friday, July 28

GUARD START

Monday, August 14 -
Friday, August 18
Hario & Fleet Fitness
Centers • 9 a.m. - 12 p.m.
Registration:
Tuesday, August 1 -
Thursday, August 10
Do you want to be a
lifeguard? Take this
preliminary lifeguard
training to see what it
takes to become a
lifeguard. Register at
either Hario or Fleet



Soccer & Flag Football

Mark your calendar for the upcoming seasons



MWR YOUTH SPORTS SCHEDULE

MWR Youth Sports keeps your children in shape, teaches them teamwork and gives parents and volunteers a chance to spend quality time with Sasebo's youth.

SOCCER (Ages: 5 - 14 years old)

Registration dates: Saturday, July 1 - Wednesday, August 16
Practice begins: Monday, August 21
Season begins: Saturday, September 2
Season ends: Saturday, October 21
Registration Fees: With PAYS: \$25 / Without PAYS: \$30
Late Registration Fees: With Pays: \$50 / Without PAYS: \$55

FLAG FOOTBALL / CHEERLEADING (Ages: 5 - 14 years old)

Registration dates: Monday, September 4 - Friday, October 6
Practice begins: Monday, October 23
Season begins: Saturday, November 4
Season ends: Saturday, December 16
Registration Fees: With PAYS: \$25 / Without PAYS: \$30
Late Registration Fees: With Pays: \$50 / Without PAYS: \$55

SMART START - SOCCER (Ages: 3 - 4 years old)

Registration dates: Monday, August 21 - Friday, September 1
Begins: Wednesday, September 6
Ends: Wednesday, October 4
Registration Fee: \$5

MWR Youth Sports is now just one click away! www.eteamz.active.com/sasebo